



Paula Reid Speaker

A rare mix of Adventurer, Psychologist, Business Leader.

Short bio: (58 words)

From Skiing to the South Pole to Yacht Racing round-the-world, Paula Reid has learned to develop the mindset to thrive and perform in the toughest of conditions. She draws on her extreme adventuring experience, business acumen and Masters in Positive Psychology to help individuals and organisations survive and thrive in challenging conditions.

Medium bio: (93 words)

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*Her 120 adventures include skiing 1000 km to the South Pole; being a core crew member of the Global Challenge *World's Toughest Yacht Race* and paddling 600 miles down the Mekong in a dugout canoe.*

Long bio: (158 words)

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She is the founder of Adventure Psychology, a performance and well-being business bringing programmes teaching the mindset of adventuring, building flexibility, resilience and enduring performance.

Paula is the author of five books including *BOAT to BOARDROOM* which uses the Global Challenge as an extreme case study and *The 7 Racing Rules – Lessons for Winning in Business and in Life* contains her top seven performance principles.



Topics

Paula has three (flexible) key talks:

1. **Adventure Psychology: Going Knowingly into the Unknown**

- How to survive, cope and thrive in difficult times
- Build resilience
- Cope with Uncertainty
- Deal with Adversity
- Success, Failure and Quitting
- Managing Risk and Fear

Outcomes:

Strategies, models, tips and tools in how to deal with challenge & uncertainty

2. **Ski Full Distance to the South Pole**

Inspiration, Resilience, Achieving Goals, Courage.

Outcomes:

Enduring performance with mental strength

3. **Sailing round-the-world – Boat to Boardroom**

Teamwork, Leadership, Crisis, Motivation.

Outcomes:

How to perform and lead under pressure

“Paula is onto something big here with her Adventure Psychology. The will to succeed and endure is key to performance.”

Sir Ranulph Fiennes

“Over the space of eight hours you challenged The What If Forum as never before and took us to places we’d never dreamt of visiting. And all in such an easy going, totally engaging and completely non-threatening way. It was pure magic and blew everyone away, thank you.”

WhatIf? Forum